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Date _____

What is your centre?

It is important to identify your centre. Whatever is at the centre of your life will be the source of your security, guidance, wisdom, and power. Your centre determines your daily decisions, actions, and motivations, as well as your interpretation of events.

You might be...	If...	
Spouse-centred	Your feelings of security are based on the way your spouse treats you. Your direction comes from your own needs/wants and from those of your spouse.	☐
Family-centred	Your security is founded on family acceptance and fulfilling family expectations. Your actions are limited by family models and traditions.	☐
Money-centred	Your personal worth is determined by your net worth. Profit is your decision-making criteria.	☐
Work-centred	You tend to define yourself by your occupational role. You make your decisions based on the needs and expectations of your work.	☐
Possession-centred	Your security is based on your reputation, your social status, or the tangible things you possess. You tend to compare what you have to what others have.	☐
Pleasure-centred	You make decisions based on what will give you the most pleasure. You see the world in terms of what's in it for you.	☐
Friend-centred	Your security is a function of your social mirror. You are highly dependant on the opinions of others.	☐
Enemy-centred	You make decisions based on what will thwart your enemy. You are defensive, over-reactive, and often paranoid.	☐
Church-centred	Your security is based on church activity and the esteem in which you are held by those in authority or influence in the church. You find identity and security in religious labels and comparisons.	☐
Self-centred	Your security is constantly changing and shifting. You view the world by how decisions, events, or circumstances will affect you.	☐

None of these centres are optimal. Instead you should strive to be **principle-centered**. Identify the timeless, unchanging principles by which you will live your life. This will give you the guidance that you need to align your behaviors with your beliefs and values.

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